

# PATIENT AND FAMILY EDUCATION HANDOUT

## LOWER BODY REHABILITATION CONDITIONING EXERCISES

### GENERAL INSTRUCTIONS:

- The exercises below are to be performed on your involved and injured leg.
- Do the exercises slowly and relax between each one. Do not hold your breath while performing the exercises.
- **If you have any questions about your home program, please call Rehabilitation Services at \_\_\_\_\_.**

### EXERCISES:

- Heelslides:
  - Lie on your back with your legs straight.
  - Slide your heel toward your buttocks by bending your knee.
  - Keeping your heel on the mat, return to starting position.
  - Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times each day.
- Short Arc Quads:
  - Lie on your back with a towel roll placed under your knee.
  - Raise your foot off the mat until your knee is straight.
  - Hold for three to five (3-5) seconds and relax.
  - Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times each day.
- Straight Leg Raise:
  - Lie on your back with your uninvolved leg straight.
  - Lift your leg off the mat, keeping your knee straight.
  - Hold for three to five (3-5) seconds and relax.
  - Do 10 repetitions, \_\_\_\_\_ times each day.

## PATIENT AND FAMILY EDUCATION HANDOUT - LOWER BODY REHABILITATION CONDITIONING EXERCISES (continued)

- Long Arc Quads:
  - Sit in a chair with your feet slightly off the floor.
  - Raise your foot until the knee is straight.
  - Hold for three to five (3-5) seconds and relax.
  - Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times each day.
- Hip Hyperextension:
  - Lie on your stomach.
  - Lift your involved leg up backwards without bending your knee. May also try this exercise while keeping the knee bent.
  - Now, stand straight while holding something for support. Swing your leg back, keeping your knee straight. Do not lean forward. Control your leg and return to the starting position.
  - Do 10 repetitions of each, \_\_\_\_\_ times a day.
- Hip Abduction:
  - Lie on your back with your legs straight. Slide your entire leg out to the side, keeping your toes pointed upwards. Return to the starting position.
  - Now, lie on your uninvolved side. Bend your bottom leg. Lift your involved leg up and sideways keeping the knee straight. Relax.
  - Finally, stand straight while holding something for support. Lift your leg out to the side keeping your knee straight. Relax and lower your leg to starting position.
  - Do 10 repetitions of each, \_\_\_\_\_ times a day.
- Hamstring Curls:
  - Stand straight while holding something for support.
  - Bend your knee slowly, bringing your heel toward your buttocks.
  - Slowly lower your leg to its starting position.
  - Do 10 repetitions of each, \_\_\_\_\_ times a day.

Note: May also do this exercise lying on your stomach.

## **PATIENT AND FAMILY EDUCATION HANDOUT - LOWER BODY REHABILITATION CONDITIONING EXERCISES (continued)**

- Hip Adduction:
  - Lie on your involved side on the floor and place your top leg on a table or chair for support.
  - Lift your lower (involved) leg up towards your top leg. Keep your leg in a straight line with your body. Slowly lower and repeat.
  - Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times each day.
- Bridging:
  - Lie on your back with both legs bent. Lift up the hips and hold for 5 seconds. Slowly lower and repeat.
  - Do 10 repetitions of each, \_\_\_\_\_ times a day.
- Lower Trunk Rotation:
  - Lie on your back with your knees bent and feet flat on the floor or bed.
  - Keep your shoulders down flat during the exercise.
  - Slowly roll your knees over toward the left as far as possible, then roll to the right.
  - Do 10 repetitions of each, \_\_\_\_\_ times a day.
- Hamstring Stretch:
  - While sitting on the floor, try to touch your toes with your hands while keeping your knees straight. Hold for count of \_\_\_\_\_. Repeat \_\_\_\_\_ times.
  - Lying on your back with the opposite knee bent, keep the knee straight and raise your involved leg through the range of flexion to put a stretch on the back of the knee. Hold for count of \_\_\_\_\_. Repeat \_\_\_\_\_ times.
- Heelcord Stretch:
  - Stand facing a corner, arms at shoulder level, palms of the hands on each wall, bend your elbows and lean toward the wall, keeping your hips and knees straight and your heels on the floor. Hold for count of \_\_\_\_\_. Repeat \_\_\_\_\_ times.
  - Sit on a bed or the floor with your knees straight; place a folded towel or belt around or under ball of the foot. Hold one end of the towel or belt in each hand and pull foot towards your body, keeping knees straight. Hold for count of \_\_\_\_\_. Repeat \_\_\_\_\_ times.

## PATIENT AND FAMILY EDUCATION HANDOUT - LOWER BODY REHABILITATION CONDITIONING EXERCISES (continued)

- Wall Slides:
  - Start with your back to the wall, feet should be shoulder width apart and slightly away from the wall. Bend your knees slowly so that you slide down the wall 1/4 to 1/2 way without your knees bending past your toes. Hold for count of \_\_\_\_\_. Repeat \_\_\_\_\_ times.
- Toe Raises:
  - Stand with your hands on a counter or rail for balance.
  - Raise up on both toes and hold for 5 seconds.
  - Progress to raising up on involved leg only when able.
  - Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times each day.
- Heel/Toe Walking:
  - Lift toes and forefoot and try to walk on your heels. Walk for 30 seconds, rest for 30 seconds.
  - Stand on your toes. Walk 30 seconds on your toes, rest for 30 seconds.
- One Leg Standing:
  - Stand with your hands on a counter or a rail for balance.
  - Balance on your involved leg for 30 seconds.
  - Progress to balancing only on your involved leg, without holding on, for as long as you can.
  - Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times each day.
    - When the above exercises have been mastered, proceed with the following standing and walking coordination exercises:
      - ◆ Walk in place raising just the heels off the floor and then finally picking the whole foot off the floor.
      - ◆ Walk sideways in one direction for 10 feet and then come back walking sideways in the opposite direction. Gradually increase speed.
      - ◆ Walk sideways while alternately crossing one leg in front of the other leg for about 10 feet. Reverse direction. Then try by alternately crossing one leg in back of the other. Gradually increase speed.

## **PATIENT AND FAMILY EDUCATION HANDOUT - LOWER BODY REHABILITATION CONDITIONING EXERCISES (continued)**

- ◆ Walk a straight line forward; that is, place heel of one foot in front of toes of the opposite foot.
  - ◆ Walk backward.
  - ◆ Walk a straight line backward.
  - ◆ Turn around in a nice wide circle and gradually narrow the circle.
  - ◆ Practice catching and kicking a ball.
- Swiss Ball Exercises:
    - Try to maintain your balance while sitting on a large Swiss ball and:
      - Weight shifting while sitting in place
      - Marching in place
      - Kicking a smaller ball or object
      - “Pawing” at an object on the ground
  - Stationary Bicycle:
    - Raise the seat height so that you have a 15-20 degree knee bend and keep the resistance low. Start with a five (5) minute ride, pedaling steadily. Add one to two (1-2) minutes each session until you are riding 20-30 minutes. Then gradually increase the resistance. Check your heart rate periodically to see if you are exercising within your target heart rate.

### **REFERENCE:**

Kisner, Carolyn, Colby, Lynn Allen, *Therapeutic Exercise: Foundations and Techniques*, F. A. Davis Company, Fourth Edition, 2002